

Douthat State Park offers a broad range of recreational facilities and activities in a breathtaking mountain setting year round (check park operating schedules for campgrounds and cabins).

Nestled in the Allegheny Mountains with altitudes over 3,000 feet above sea level, this 4,493-acre park embraces some of Virginia's most outstanding scenery.

Magnificent vistas with rolling mountains disappearing into the distance can be seen from high atop the mountain trails. Wildlife of all types can be seen by the hiker who is quiet and alert.

With each passing season, Douthat comes alive with new sights and wonders. The winter landscape with its barren trees and snow-covered ground is a time to enjoy the peace and solitude of the mountains at a time when few venture forth. Spring brings new leaves, spring flowers and baby wildlife. Summer brings the dog days, perfect for a slow leisurely walk through the cool wooded trails. Fall brings the magnificent colors of autumn. Come and enjoy your state park 365 days a year.

Trails and more trails

Douthat State Park offers 43 miles of wooded hiking trails. The 25 different trails provide opportunities to enjoy the park's abundant natural beauty. Trails vary in difficulty from easy to strenuous. The Buck Lick interpretive trail and the two trails that lead around the lake are perfect for a slow leisurely stroll and are rated easy.

The trails in the valley floor area are rated moderate and require some climbing uphill. The trails that traverse the mountain slopes are rated strenuous and should be attempted by experienced hikers only. Please note these trails are designated such on the map.

Sights and sounds

While on the trails at Douthat the hiker will be treated to many different sights and sounds. Hikers regularly see the smaller members of the animal kingdom such as squirrels, lizards, snakes, rabbits and a myriad of birds. Occasionally the alert hiker happens to catch sight of whitetail deer or black bear.

While walking through the woods turkeys, crows and other wildlife may be heard. During the late evening one can often hear the sound of owls or whip-or-wills carried by the night breeze.

Plants of many types flourish along the trails; mighty oak, poplar, hickory and other tree species are found throughout the park. Smaller shrubs like laurel, rhododendron and huckleberry can be found on the mountain slopes.

Fishing

Pay-as-you-go trout fishing is extended below the dam to Wilson Creek and all fishable streams within the park, as well as in Douthat Lake. All Virginia State fishing rules apply. They are explained in the Virginia Department of Game and Inland Fisheries booklet available at license agents. These rules are subject to change annually.

Frequent visitors save money

Annual passes for parking and swimming offer the frequent visitor greater savings. Stop by the park office for details.

Virginia State Parks Reservation Center

To receive more information on Virginia State Parks or to make a cabin or campsite reservation, call 1-800-933-PARK (or in the Richmond calling area 225-3867).

Join us in the parks – DCR's Volunteer Program

DCR offers diverse opportunities for volunteers in most state parks and natural areas throughout the state. Inquire at the park office for details.

For more information, contact:

Douthat State Park
Route 1, Box 212
Millboro, Virginia 24460
(540) 862-8100

You can also visit our home page at **www.dcr.virginia.gov**



203 Governor St., Suite 302
Richmond, Virginia 23219
(800) 933-PARK

VIRGINIA

S T A T E P A R K S

Douthat
State Park
Trail Guide

Millboro, Virginia

Virginia State Parks provide
A Natural Legacy
of outdoor activities and
programs. They are an important
part of DCR's efforts to promote
a strong conservation ethic.
These efforts ensure that the
best of Virginia's natural
resources will be protected and
available for future generations.

While on the trails at Douthat, please follow a few simple practices so that your state park will be here for future generations to enjoy.

- **Pack it out** – if you carry food or other items in, carry the litter out.
- **Stay on the trail** – staying on the designated foot path prevents unneeded erosion due to trampled plants.
- **No fires** – fires are prohibited outside the fire grills provided in the campgrounds and picnic areas.
- **No camping** – camping is not permitted outside the designated campgrounds.
- Bicycles are not allowed on YCC or Heron Run trails.

Douthat State Park Trail Guide

- Easy: Flat, strolling type trial
- Moderate: Gentle, casual hiking trail
- ◆ Difficult: Steep, experienced hiking trail

Miles (one way)	Trail	Color
4.5	●◆Stony Run	Orange
3	●◆Blue Suck Falls	Blue
.8	◆ Tuscarora Overlook	Yellow
2	● Locust Gap	Yellow
1	● Beards Gap Hollow	White
.8	● Tobacco House Ridge	Yellow
1.2	● Huffs	Gold
1.9	● Laurel View	White
1	● Middle Hollow	Orange
2.5	◆ Salt Stump	Orange
2	◆ Middle Mountain	White
1.4	◆ Pine Tree	Yellow
.9	● Backway Hollow	Yellow
.4	◆ Guest Lodge	Blue
.7	◆ Ross Camp	Orange
1.2	● Wilson Creek	White
1	◆ Buck Hollow	Blue
1.1	◆ Beard's Gap	Blue
3.5	◆ Brushy Hollow	Orange
1.4	◆ Mountain Side	White
2.3	◆ Mountain Top	Yellow
.8	■ Heron Run	Blue
.9	■ YCC Trail	Blue
3.0	■ Flat Run Trail	Red

